

Group Fitness Timetable April 2026

Studio 1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------|---------------------------|-------------------------|-------------------------|----------------------|----------------------|---------------------------|
| 5:45am | HIIT | | | | | | |
| 6:00am | | | | | Boxing Express | | |
| 6:30am | | | | LesMills Strength & Dev | | | |
| 7:15am | | | | | | LesMills Ceremony | |
| 8:15am | | LesMills BODYBALANCE 45 | | Momentum Core | | LesMills BODYBALANCE | LesMills BODYPUMP Express |
| 8:45am | | | | | | | LesMills CORE |
| 9:15am | LesMills BODYCOMBAT | LesMills BODYPUMP Express | LesMills BODYATTACK | LesMills BODYPUMP | LesMills BODYCOMBAT | | |
| 9:30am | | | | | | HIIT | Pilates |
| 9:45am | | LesMills CORE | | | | | |
| 10:30am | LesMills BODYBALANCE | Zumba | LesMills BODYBALANCE | LesMills SHAPES | | LesMills BODYPUMP | Zumba |
| 10:45am | | | | | LesMills BODYBALANCE | | |
| 11:30am | | | LesMills Strength & Dev | Restorative Yoga | | Pilates | |
| 12:00pm | | | | | Tai Chi | | |
| 12:15pm | LesMills BODYPUMP | Pilates | | | | | |
| 12:30pm | | | Zumba | | | | |
| 1:30pm | | Momentum Ironman | | Momentum Ironman | | | |
| 5:30pm | LesMills BODYBALANCE | LesMills SHAPES | | LesMills BODYATTACK | | | |
| 6:00pm | | | Core Express | | | | |
| 6:30pm | LesMills BODYCOMBAT | LesMills BODYPUMP | HIIT | LesMills BODYCOMBAT | Zumba | | |
| 7:30pm | Zumba | Zumba Step | LesMills BODYBALANCE | Pilates | | | |

Studio 2

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|------------------|------------------|-------------------|---------------------|------------------|--------------|
| 6:15am | | Yoga Vinyasa | | | | | |
| 6:30am | | | | | Sprint cycle | | |
| 7:15am | | | | | | Momentum Circuit | |
| 8:15am | | | | | | Rpm | |
| 8:30am | | | | Rpm Express | | | Yoga |
| 9:30am | Momentum Combo | Momentum Core | Sprint cycle | Momentum Circuit | | Momentum Circuit | Sprint cycle |
| 10:30am | | | | Mat Pilates | | Momentum Circuit | |
| 10:45am | Momentum Easy | Momentum circuit | Momentum Easy | | Momentum Circuit | | |
| 12:00pm | Post Natal pelvic Floor Pilates | | | | | | |
| 12:15pm | | Slow Flow Yoga | Yoga Vinyasa | | Yoga Vinyasa | | |
| 2:00pm | Momentum Conditioning | | | | | | |
| 5:00pm | | | All Abilities | | | | |
| 5:30pm | | | | Boxing | Womens Only Pilates | | |
| 6:30pm | Yoga | Cycle | | Womens Only Zumba | | | |
| 6:45pm | | | Mat Pilates | | | | |
| 7:30pm | Momentum circuit | Slow Flow Yoga | Momentum Circuit | | | | |

Women's only fitness classes - Class is located on the top floor of the Pavilion, with the blinds down making it a comfortable environment for women to exercise

Reformer Studio

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------|-----------|----------|--------|----------|--------|
| | | | 6:15am | | | |
| | 7:15am | | | 7:15am | | |
| 8:30am | 8:30am | 8:30am | 8:30am | 8:30am | | 8:30am |
| 9:30am | 9:30am | 9:30am | 9:30am | 9:30am | 9:30am | 9:30am |
| 10:30am | | | | | | |
| | 11:30am | 11:30am | | | | |
| | 12:30pm | | | | | |
| 5:30pm | 5:30pm | | 5:30pm | | | |
| 6:30pm | 6:30pm | 6:30pm | 6:30pm | | | |

Aqua Classes – 25m and Warm Water Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|------------------------|------------------------|-------------------------|--------|----------|--------|
| | 6:30am | | | | 7:10am | |
| 7:30am | 7:30am | 7:30am | 7:30am | 7:30am | | |
| 8:30am | 8:30am | 8:30am | 8:30am | 8:30am | | |
| 9:30am | 9:30am | 9:30am | 9:30am | 9:30am | | |
| | SlowFlo WWP 10:30am | SlowFlo WWP 10:30am | | | | |
| Momentum Aqua 1:30pm | | | Momentum Aqua 1:30pm | | | |
| | SlowFlo WWP 7:30pm | Aqua Zumba 7:00pm | | | | |
| | SlowFlo WWP 7:30pm | | | | | |

Other Locations

Adult Squad- Eltham Leisure Centre - 40 Brougham St, Eltham

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| 6:00am | | 6:00am | | | | |
| | 8:00am | | 8:00am | | | |

Mullum Mullum Stadium – 31 Springvale Road, Donvale

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------|---------|------------------------|----------|----------------------------|----------|--------|
| 9:30am | | | Momentum Combo | | Momentum strength &Tone | | |
| 10:45am | | | | | Momentum Conditioning | | |
| 11:30am | | | Mums & Bubs Pilates | | Mums & Bubs Yoga | | |
| 12.30pm | | | | | Mat Pilates | | |
| 1:30pm | Momentum Ironman | | | | | | |

Heimat Centre – 125 George Street, Doncaster

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|-----------------|-------------------|----------------|-------------------|--------|
| 9:30am | Momentum Active | Momentum New Body | Momentum Combo | | |
| 10:30am | | | | Momentum Easy | |
| 11:30am | | | | Momentum Strength | |

Domeney Recreation Centre – 52 Knees Road, Park Orchards

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-------------------|---------|-----------|----------|--------|
| 9:30am | Momentum Strength | | | | |

The timetable is accurate at the time of the printing but may change. Check the website for the live and most up-to-date timetable.

Try a group exercise class today!

At Active Manningham we offer a huge range of options to get active, feel good and connected.

If you haven't done so already, you have to try one of our group fitness classes! Our professional group fitness instructors will welcome you into the class and support you every step of the way. Our classes are designed for all fitness and abilities levels.

Arrive early to class so you have enough time to set up your equipment & say hello to the instructor and your fellow members!
For the safety and experience of yourself and other members, entry into the class more than 5 minutes late will not be permitted.

What do I need to bring to class?

A towel is required at all classes.

Drink bottle, to stay hydrated.

Your own Yoga mat.

Please note: All momentum classes are best suited for ages 55 and above.



Scan QR Code
to book class

Group Fitness Timetable March 2026

Virtual Group Fitness Classes



Virtual Group Fitness classes - Studio 1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|----------------------------------|---|----------------------------------|-------------------------|--------------------------|----------------------------|
| 5:45am | | | LESMILLS BODYPUMP 45' LESMILLS GRIT CARDIO 30' | | | | |
| 6:00am | | LESMILLS BODYPUMP 45' | | | | | |
| 6:45am | LESMILLS BODYATTACK 45' | | LESMILLS BODYBALANCE 45' LESMILLS BODYATTACK 45' LESMILLS CORE 30' | | | | |
| 7:00am | | LESMILLS BODYCOMBAT 30' | | | | | |
| 7:30am | | LESMILLS GRIT STRENGTH 30' | | | | | |
| 7:45am | LESMILLS CORE 45' | | LESMILLS GRIT STRENGTH 30' | | | LESMILLS BODYPUMP 45' | |
| 8:15am | LESMILLS BODYPUMP 45' | | LESMILLS CORE 30' | | | | |
| 12:15pm | | | | | | | LESMILLS DANCE 30' |
| 1:15pm | | | | | | LESMILLS DANCE 45' | LESMILLS BODYPUMP 45' |
| 1:30pm | | | LESMILLS DANCE 45' | | | | |
| 2:00pm | | | | | | LESMILLS BODYATTACK | |
| 2:15pm | | | LESMILLS BODYCOMBAT 45' | | | | |
| 3:00pm | LESMILLS DANCE 45' | | LESMILLS BODYATTACK 45' LESMILLS BODYPUMP 45' LESMILLS BODYCOMBAT 45' | LESMILLS BODYPUMP 45' | LESMILLS BODYCOMBAT 45' | LESMILLS BODYPUMP 45' | |
| 3:15am | | LESMILLS BODYCOMBAT 45' | | | | | |
| 4:00pm | LESMILLS BODYCOMBAT 45' | LESMILLS DANCE 45' | | LESMILLS CORE 45' | LESMILLS BODYATTACK 45' | LESMILLS BODYATTACK 30' | |
| 5:00pm | | | LESMILLS DANCE 45' | | | LESMILLS BODYCOMBAT 30' | |
| 5:30pm | | | | | LESMILLS BODYPUMP 45' | | LESMILLS GRIT STRENGTH 30' |
| 6:00pm | | | | | | LESMILLS BODYBALANCE 30' | LESMILLS CORE 30' |
| 6:30pm | | | | | | LESMILLS BODYBALANCE 30' | |
| 6:45pm | | | | | | | LESMILLS DANCE 45' |
| 7:05pm | | | | | | LESMILLS CORE 30' | |
| 8:45pm | LESMILLS BODYBALANCE 45' LESMILLS BODYPUMP 45' | LESMILLS BODYPUMP 45' | LESMILLS CORE 45' | LESMILLS BODYCOMBAT 45' | | | |
| 9:30pm | LESMILLS BODYBALANCE 45' Stretch | LESMILLS BODYBALANCE 45' Stretch | LESMILLS BODYBALANCE 45' Stretch | LESMILLS BODYBALANCE 45' Stretch | | | |

Indicates 30min class Indicates 45min class Indicates Tutorial class Indicates Beginner class

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All Abilities

An inclusive and supportive class for everyone, no matter your ability. Parents, Carers and other support are welcome and encouraged to join in the fun.

Aquacise

A combination of low & high intensity cardio and water-based resistance training. Suitable for all fitness levels.

Aqua Zumba

Fun, fun, fun! A dance workout in the pool! Designed to get your heart rate up all while feeling like a party! Easy to follow moves.

LesMills BODYBALANCE

Bend & stretch through a series of simple yoga moves, inspire by Tai Chi & Pilates. Strengthen the entire body, leave feeling calm and centred.

LesMills BODYCOMBAT

Punch & kick your way into fitness. High-energy martial arts-inspired workout. Non-contact and easy moves to fun motivating music.

Momentum Combo

Instructor-picked mix - low impact, step, bands, weights, balls, bodyweight, abdominal exercises; ends with extensive stretch.

LesMills SHAPES

Low impact workout focusing on strengthening muscles alignment and flexibility set to an epic playlist of house and disco beats. It is inspired by Pilates, Power Yoga and Barre.

LesMills BODYPUMP

A full body workout using light to moderate weights with lots of repetition to motivational and fun music.

LesMills BODYSTEP

Is a high intensity fun and motivating class to set to upbeat music using a mixture of free weights and steps.

Boxing

High-intensity, full body, non-contact boxing workout. Using gloves & pads.

LesMills CORE

Build core muscle strength through a variety of exercises for the core and improves balance.

Cycle

Freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.

HIIT

High Intensity Interval Training (HIIT), includes circuit, Tabata, core, cardio and strength training.

LesMills BODYATTACK

High energy fitness class. Combines running, lunging, jumping and strength exercise like squat and pushups.

Zumba Step

A dance workout that feels like a party! Easy-to-follow moves that boost cardio, burn calories, and focusses on sculpting your core and legs.

Momentum CORE

gentle and effective movements that enhance stability, balance, and overall strength.

LesMills SprintCycle

Fast paced, freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.

Momentum Active+

Cardio-focused for active participants. Music workouts, weights, floor exercises, soothing cooldown. Leaves you energised for the day

Momentum Aqua

Helps joint pain, boosts mobility, gentle fitness; uses dumbbells. Good for different goals.

Momentum Cardio and strength

Targets cardio with simple moves combined with body weight exercises followed by a relaxing stretch.

Momentum Circuit

Strength class in circuits which include balance, core and machinery exercises. Cardio and floor exercises included. **Mat and towel required.**

Tai Chi

Gentle form of exercise that helps people suffering with joint pain and stiffness, blood pressure, diabetes and many more health issues. Suitable for all ages

Momentum Conditioning

Strength training with weights, bands, or body weight. Warm-up, strength exercises, floor work, improving bone strength.

Momentum Easy

Low intensity chair-based class incorporating strength, cardio, balance and mobility exercises, using bodyweight, dumbbells, and bands.

Momentum Ironman

Designed for males over the age of 50 years old. Full body strength training, while getting the heart rate up.

Momentum Reformer

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength. Specifically designed for over 50's.

Momentum Strength

Full body strengthening using weights or bands. Helps prevent osteoporosis, aids daily movements. Suitable for limited mobility.

Momentum Strength and Tone

Cardio based full body workout using light hand weights with floor work involved.

Adult Squads

Adult squad swimming program. Designed to prepare you for open water swims and triathlons. Focusing on distance & endurance.

Pilates

Focus on improving flexibility, strength, core stability & body awareness. Low impact, repetitive moves for a full body workout.

Reformer Pilates

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength.

LesMills RPM

Group indoor cycling workout where you control the intensity. Fun & low impact getting the heart racing. A journey of hill climbs, sprints & flat riding to fun music.

Momentum New Body

Class with light weights and old school aerobics to the beat and light weights for isolation and compound exercises, floor work for core and small stretch at the end. **Mat is required.**

Yoga - Vinyasa

Is a form of yoga asanas (postures) flows from one sequence into another with the prana (breath) followed by a short meditation.

Zumba

Fun, fun, fun! Dance workout designed to get your heart rate up all while feeling like a party! Easy to follow moves.

Les Mills Strength & Development

Build strength, muscle, and stability with this 45-minute science-backed program using controlled movements, progressive phases, and heavier weights.